

## Sensitive Skin Precautions

Skin that is too dry may contribute to a variety of problems including rashes (eczema), itching, and increased psoriasis. There are a number of simple things you can do to help with dry skin.

*Avoid showers and baths that are too long or too hot.* Use warm, not hot water when you bathe.

Use a *moisturizing cleanser* in the shower such as Cetaphil Bar or Aveeno Bar for body and/or face or soap at all, depending on preference. Remember the more you lather and rinse, the drier your skin will become.

*Immediately after bathing, gently pat dry and apply a fragrance-free lotion all over your body.* This will help lock in some of that moisture into your skin. Make this a daily routine.

*Some moisturizers I like include:*

[Aveeno Daily Moisturizing Lotion](#)

[Aveeno Baby Daily Moisture Lotion](#)

[Cetaphil Lotion](#)

[Lubriderm Lotion](#)

[Vaseline Petroleum Jelly](#)

[Am-Lactin](#) Is really good for extremely dry, flaky skin and bumpy arms and legs.

*Try to avoid all fragranced skin care and laundry products.* Make sure they say “unscented” or “fragrance free” detergent, fabric softener and avoid dryer sheets.

In the winter, consider getting a *humidifier* for your bedroom.

**\*\*For dry chapped hands, you will need a stronger, greasier moisturizer.** Some good ones include Neutrogena Norwegian Formula hand cream, Cetaphil hand cream, and plain old Vaseline petroleum jelly. Another good product to use during the day is Theraseal Hand Protectant (by Healthpoint, needs to be ordered by the pharmacist). This forms a protective barrier over the hands so moisture will tend to bead off. Try putting the moisturizer on at night before bed and the putting on white cotton gloves. . .your hands will be much softer by morning. Do not forget to reapply the hand creams periodically during the day, especially if you wash your hands a lot. Always wear rubber gloves when doing any wet-work, such as washing dishes.

***Please contact us at 206-236-3030 with any questions or concerns!***

